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E.—*Hints to sick persons.*

When symptoms appear leading to the suspicion of a more than temporary illness of the respiratory organs; recurring cough, dry or with sputum; repeated pains in the throat, breast, or back; continuous depression or inclination to exhaustion without previous exertion; loss of appetite and emaciation; returning fever, especially in the evenings, with night sweats, even with moderate bed clothing; traces of blood in the sputum, or indeed, a discharge of blood from the throat; then a thorough examination of the patient should be made by a physician, also of the sputum for tubercle bacilli. If the suspicion should not be confirmed, the advice given under heading D should be carefully followed all the same. If the suspicion should be confirmed, then in the first place the directions of the physician should be obeyed. No help can be of any avail if the patient himself does not contribute thereto by strictly observing the precautions recommended. The patient has the double duty by following the advice given, to endeavor to cure himself in order that he may be restored a useful member of society, and also to preserve his relatives, companions, and neighbors from infection. Tuberculosis in its early stages is often curable; in its advanced stages, seldom. Success depends mainly upon the interposition of medical aid at the right moment.

Special attention should be devoted to the sputum; it should neither be expectorated upon the floor nor swallowed, but should be discharged into a suitable vessel, which should be regularly emptied and disinfected. The best vessels for this purpose are sputum-bottles (something after the Dettweiler system) which the patient carries around with him. If the sputum must exceptionally be discharged into a handkerchief, the same before drying should be boiled.

The infection can also be transmitted by kissing. A person who is evidently consumptive should be urgently dissuaded from marriage; he should wait until he is cured. Tuberculous women should not give milk to their children, nor should they carry babies around in their arms.

In cases of fever and loss of blood, rest and quiet are indispensable. The enjoyment of fresh air when free from fog, dust, and smoke, does good service. The best method being to rest on a couch in the open air in a sheltered place and with sufficient covering for the lower parts of the body.

Healing will most likely be effected if the patients can obtain admission to a special hospital for tuberculosis conducted by a physician who is a specialist for treatment of consumption. After remaining in such an institution not less than three months, the careful and attentive patient often not only regains his health, but grows accustomed to those rules of life which are calculated to prevent a relapse of the disease.

HAWAIIAN ISLANDS.

A rat crusade in Honolulu.

HONOLULU, H. I., November 9, 1901.

SIR: I have the honor to inclose herewith a copy of a letter, which Dr. Pratt, the executive officer of the Hawaiian territorial board of health read to the board at its last meeting. He calls attention to the necessity or at least to the desirability of establishing here a well-organized rat crusade, a measure of precaution which commends itself to a large number of the citizens of Honolulu, and which was favorably received and immediately acted upon by the board of health, as will be

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seen from the letter from Dr. Pratt to this office, a copy of which is also inclosed. Since my invitation to serve on the committee for organizing the crusade, several meetings have been held, with the result that the following general plan of action has been adopted:

1. The town to be divided into districts, and each district covered by an inspector, who shall distribute rat traps and poison, see that they are properly used, deodorize the traps, and collect all rats.
2. The district as a whole to be under the supervision of two superintendents.
3. The methods of exterminating rats to be confined to traps; poison and sulphur fumigations, the rat-bounty method, not to be used.
4. All rubbish to be cleared up and burned.
5. All interisland vessels to be fumigated.
6. All wharves and warehouses to be made air-tight for sulphur fumigation; this to include underneath the wharves.
7. The rats are to be kept separated according to the district from which they come, and are to be examined bacteriologically for the purpose of determining whether or not a certain district is probably infected and is in need of special attention.

I will report on the progress of the crusade from time to time and forward any statistics concerning it likely to be of interest.

Respectfully,

L. E. COFER,
Passed Assistant Surgeon, U. S. M. H. S.,
Chief Quarantine Officer, Territory of Hawaii.

The SURGEON-GENERAL,
U. S. Marine-Hospital Service.

[Inclosure.]

HONOLULU, H.I., October 29, 1901.

GENTLEMEN: There is a matter which I desire to bring to your attention, with the hope that some action can be taken which will be of benefit to this country. It seems to me to be a fitting time to start in on a rat-killing campaign.

No plague is at present in Honolulu, or any part of the territory as far as is known, but we have reports of cases by every steamer from Hongkong, occasionally from San Francisco, and now by last steamer we learn it is in Brisbane.

Just so long as there are cases in these places, we are open to the danger of having it get ashore from one of these ports. The U. S. Marine-Hospital Service, with whom we are working in perfect accord, is doing all in its power to prevent it getting ashore from vessels, but there is always a chance that rats, and infected ones at that, may manage to get ashore and so infect others.

That plague is spread principally through the agency of rats is a fact recognized by all countries where plague has existed, and it is only a few months ago that Japan, having a few cases of plague, started in on a general rat crusade and thousands were exterminated. It is not my desire to be considered an alarmist, for I thoroughly believe that the sooner the people of this community take a calm view of plague and educate themselves to the fact that this being a seaport city we are always open to the danger of contagious and infectious diseases just so much quicker will the commercial and shipping interests be best conserved. It is not only the fact that if plague should again appear we would be likely to have some deaths, but the fact that if it does come the commercial and shipping interests of the community are at once affected and everybody suffers.

The old saying, "An ounce of prevention is worth a pound of cure" was never truer than in this instance. In other words, it is better to start taking precautions before it does appear. With the coming on of the rainy season we are very likely to have sporadic cases of plague, and if before this time comes we can diminish the number of rats or exterminate them by the concerted action of the whole community then the danger of its spreading will be greatly diminished.

I would respectfully request that a committee of three be appointed to take up this matter and outline a plan of action, and that the public as a whole, through the press, be requested to give the board their support in this matter as soon as the committee has reached a decision.

Respectfully,

J. S. B. PRATT,
Executive Officer.

The PRESIDENT AND MEMBERS OF THE BOARD.

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HONOLULU, H. I., October 31, 1901.

SIR: At a meeting of the board of health held yesterday, a letter from Executive Officer Pratt was read in regard to a rat-killing campaign. It was moved by Mr. E. A. Mott-Smith, seconded by Dr. W. L. Moore, that the recommendation in Dr. Pratt's letter be accepted and acted on. Motion carried.

Attorney-General Dole suggested that the members of the press be requested to publish the letter as a whole and ask the cooperation of the community in this matter.

It was moved by Attorney-General Dole, seconded by Mr. E. A. Mott-Smith, that Drs. Cooper and Pratt be appointed a committee of two, and that Dr. Cofer be asked to cooperate with the committee, and also that this committee be empowered to add to their number at their discretion from citizens from the territory. Motion carried.

Inclosed please find copy of the letter above referred to. Acting under instructions of the board, I would respectfully request that you cooperate with the committee upon this important question of killing rats.

Respectfully,

J. S. B. PRATT,
Executive Officer.

Dr. L. E. COFER,
Chief Quarantine Officer, City.

Maritime quarantine transactions for the month of October, 1901.

HONOLULU, H. I., November 1, 1901.

SIR: I have the honor to transmit the following report of quarantine transactions in the Hawaiian Islands for the month of October, 1901:

POR T OF HONOLULU.

Number of vessels inspected—	
From foreign ports.....	11
From domestic ports.....	40
Number of passengers inspected—	
Cabin.....	1,168
Steerage and stowaways.....	2,744
Number of crew inspected.....	3,525
Number of sick in detention from last month.....	0
Number in detention from last month.....	106
Number of sick in detention for this month.....	0
Number in detention for this month.....	591
Number of pieces of baggage disinfected.....	1,018
Number of packages of freight disinfected.....	122

POR T OF HILO.

Number of vessels inspected.....	3
Number of passengers inspected.....	5
Number of crew inspected	30
Vessels remanded.....	0

POR T OF KAHULUI.

Number of vessels inspected.....	3
Number of passengers inspected.....	2
Number of crew inspected	47
Vessels remanded.....	0

POR T OF KIHEI.

Number of vessels inspected.....	0
Number of passengers inspected.....	0
Number of crew inspected.....	0
Vessels remanded.....	0